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“I just want to say that I highly recommend this parenting course. It is outstanding. It taught me how to love my kids, even when they are doing something I don't want them to do. I used to yell and lash out because I didn't know any other way. Now when they are doing something bad, I go up to them and just hug them. This usually helps. If there is one thing I've learned, I learned to “hold the child, don't scold the child”. I have completely changed the way that I interact with my children.”

-Father of 4 children



### Vista Hill Incredible Families Contact Information:

- ◆ **Central/N. Central Office:**  
8910 Clairemont Mesa Blvd.  
San Diego, CA 92123  
Telephone: (858) 514-5160  
Fax: (858) 514-5194
- ◆ **East/South Office:**  
4990 Williams Ave.  
La Mesa, CA 91942  
Telephone: (619) 668-4263  
Fax: (619) 668-4281
- ◆ **North Inland/ N. Coastal Office:**  
380 S. Melrose Dr. Suite 103  
Vista, CA 92081  
Telephone: (760) 643-4097  
Fax: (760) 643-4087



## *Incredible Families Program*



Funded by the County of San Diego

# Incredible Families Program Central, East, South, and North Regions

## This is What We Do:

During a period of **15 weeks**, The Incredible Families Program provides **weekly family visitations, a parenting group, and individual therapy services for children**. The Multi-Family Parent-Child Visitations run from 3:45p.m. to 6:00 p.m. During this time, parents and children will have a family meal, and the opportunity to read books, play games and do arts and crafts together. Following the family visitation, from 6:15 p.m. to 8:15 p.m., a **Parenting Group** based on the **Incredible Years** evidenced-based curriculum is provided to the parents.

During the week, **children participate in Brief Trauma-focused Outpatient Therapy** focused on alleviating symptoms of trauma and strengthening parent-child relationships. Additional services include clinical support and collateral contact with parents to address specific issues and to support their attain-

ment of effective parenting skills. A primary therapist / group facilitator is assigned to each family.



## Who Qualifies?

**Families with at least one child between ages 2 and 14, who are actively involved with Child Welfare Services of San Diego County.** Priority will be given to families with children in foster or relative care (Family Reunification) or whose children are dependents of Juvenile Court but are now living at home (Family Maintenance). Voluntary cases are also eligible.

## Program Referral Process:

Referrals to Incredible Families are made by your CWS Social Worker.

### Schedule:

Parents arrive: 3:45 pm

Visitation: 4:00 pm to 6:00 pm

Parent Group: 6:15 pm to 8:15 pm

## Referrals:

CWS worker complete referral form & fax to:

**Central/N. Central Office:** Fax: (858) 514-5194  
Telephone: (858) 514-5160

**East/South Office:** Fax: (619) 668-4281  
Telephone: (619) 668-4263

**North Inland/ N. Coastal Office:** Fax: (760) 643-4087  
Telephone: (760) 643-4097

## Where?

### Crawford High School

4191 Colts Way, San Diego, CA 92115

### O'Farrell Community School

6130 Skyline Dr. San Diego, CA 92114

### Meridian Baptist Church

660 S. 3rd St. El Cajon, CA 92019

### Vista Hill ParentCare East

4990 Williams Ave. La Mesa, CA 91942

### Refinery Church

494 E Street, Chula Vista, CA 91910

### Incredible Families N. County Office

380 Melrose Drive Ste. 103, Vista, CA 92081

### First Congregational Church

1800 North Broadway, Escondido, CA 92026